



The Connect Project: Supporting Men



The Need

Beneath the Shire's beaches and strong community image, mental ill-health remains a significant and often hidden issue for men. Nationally, around three in four suicide deaths are men, most often middle-aged men facing work pressure, financial stress, relationship change and isolation. Men are also less likely to seek help early, often reaching crisis before accessing support. In our community, this highlights the need for male-friendly programs that build emotional literacy, connection and resilience before crisis point.

Our Response

Grant and donor support enabled Hopefield to not just expand our Community Hubs programming to introduce two new group program initiatives this year but also to have a male psychologist operate from both our Cronulla and Kirrawee locations, providing professional, affordable and accessible evidence based mental health support.

Individual Support: Male Psychologist

Donor investment has enabled our Clinical Services team to both deepen and broaden men's mental health support - establishing a stronger presence in Cronulla, while continuing to sustain care for men across our wider community.

Group support: Parenting for Dads

Parenting for Dads was a group program to support dads to better understand their role, strengthen relationships with their children, and build confidence.



Group support: Seasons of Growth

Seasons for Growth for Men was a single small group workshop offered in the Sutherland Shire. We provided a reflective space for men navigating change, loss and life transitions.

"The seminar was excellent in helping to understand the different levels of loss and grief"

The Impact

30 Men supported individually

10 Men supported in group sessions

115 Psychologist appointments delivered

9 Group sessions delivered

6 Group participants felt like their understanding of change, loss and grief was increased

4 Four participants highlighted the benefit of learning about the 'cycle of grief'

6 Group participants expressed a desire for further sessions

3 Group participants felt more confident to parent the way they wanted to

Taken together, our group programs and individual counselling represent a significant and intentional investment in men's mental health. We recognise that meaningful change is built over time, through trust, consistency, and access to safe, male-inclusive spaces for support.

Thank you

To the donors who saw the quiet needs of men and chose to respond, thank you. Your intentional gifts created room for listening, learning and hope. Because of you, men in the Sutherland Shire were invited into spaces of connection rather than isolation, reflection rather than silence. Your support is helping shape a future where men are better equipped to care for themselves, their families and the communities they love.